January 2001

The NEBLINE, January 2001

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Families Stay Healthy Through Lancaster County Nutrition Education Program (NEP)

At times, paying monthly bills like electricity, phone, insurance, and car payments leave little left to buy food. “It’s really hard to buy food for my family, especially at the end of the month,” are words NEP staff hear too often. The Nutrition Education Program through the UNL Cooperative Extension helps families on limited budgets eat healthier and save money. Through NEP, families learn to budget food dollars, save money through meal planning, save time by fixing quick and easy meals, keep food safe to eat, feed infants and children and prepare nutritious snacks.

This past year, NEP staff taught 1573 nutrition education lessons to 1354 youth through 119 educational programs. Additionally, 432 teaching contacts were provided to senior citizens. Here is what families and cooperating agencies say about how NEP is making a difference.

Better Nutrition—68% of graduates show positive change.

“I have more energy than I used to, and I don’t need to take my medicine anymore.” Early Head Start family who receive home visits.

“I’m not going to drink so much pop,” an 11-year-old National Youth Sports Program participant said. (Approximately 200 ten- through 16-year-old students learned about healthy snacking through summer camp.)

“Thanks for teaching us to cook and hanging out with us. Teen parent participating in monthly NEP group lessons.

Food Resource Management—87% of graduates show positive change.

“Both saves $40 a month on her food bill since NEP taught her how to plan a weekly menu and use a shopping list.” Early Head Start Family Advocate. An Ellison student proudly brought a platter of nutritious snacks to share at a school celebration. He had learned to make the “Peanut Butter Bites” as a part of the NEP 4-H School Enrichment Program. His teacher encouraged the students to use the products which their families received through the WIC program to make these healthy snacks.

Food Safety—61% of graduates show positive change.

“I didn’t know that my family could get sick from foods they ate.”

Lancaster County NEP Employee Receives UNL Outstanding Employee Award

Virginia was honored recently by Dr. Randy Cantrell, Extension Director, for the positive support she’s provided to IANR through the Cooperative Extension Nutrition Education Program in Lancaster County. “Because of Virginia’s unceasing efforts and caring attitude, numerous families throughout Lincoln and Lancaster County enjoy healthier, fuller, and more productive lives.” Carol Hudkins, Nebraska State Senator 21st District.

“The quality and quantity of work Virginia produces is extraordinary. Based upon supervisor evaluation, she has performed at this high level for her entire 30-year career.” The Lancaster County Commissioners want to thank Virginia for her dedication and commitment. Her hard work has made and is making a difference in the quality of life we enjoy in Lancaster County. Larry Hudkins, Vice Chair, Lancaster County Commissioners. See AWARD on page 12

Lancaster County Extension

Lancaster County NEP Employee Receives UNL Outstanding Employee Award from Dr. Randy Cantrell.

Nebraska Nutrition Education Program Receives National Award

While attending the annual American Association of Food Stamp Directors conference, I was surprised when I was asked to accept an award on behalf of the Nebraska Department of Health and Human Services for recognition of comprehensive activities to provide nutrition education services to Nebraska food stamp families in federal fiscal year 2000.” The plaque was signed by Samuel Chambers, Administrator of Food and Nutrition Service.

Three states received such an award on September 19, and I was very pleased to accept the award for DHHS. While the plaque has our name on it, I happen to know where the credit belongs—it belongs to you and your Nutrition Education Program team for the outstanding and dedicated service you provide to low income families we jointly serve. A personal thank you from me to you and your team from your partners at DHHS. (MB)
Basic Tree Pruning

Trees are the most valuable of all landscape plants. Care for them properly, and your trees will live a long and healthy life. Start tree maintenance the day you plant the tree and continue throughout its life. Proper pruning is essential and helps your trees live longer. Good pruning keeps your trees attractive, healthy and less susceptible to injury from natural forces such as strong winds. On the other hand, poor pruning practices, topping in particular, make trees less attractive, more prone to pest and weather problems, ultimately, shorten their life span.

You may want to hire an arborist, a trained tree service professional, to prune your medium and large scale trees. These trees deserve professional maintenance because of their landscape value. Professional tree care will cost more, but you should view it as an investment.

If you don’t have the knowledge or equipment to properly prune larger trees, you may injure yourself, damage the tree, nearby buildings, utility wires or other landscape plants while pruning. These pruning jobs are best left to professionals. Arborists are listed in the yellow pages of your phone book, under tree service.

If you want to prune smaller trees, here are a few helpful tips.

Use the right tools. You can prune most shrubs and small trees with hand pruning shears, lopping shears and hand pruner sawing. Pruning tools are available at garden centers and hardware stores, and through garden supply catalogs. Although you should do most pruning from late winter through spring, other times of the year are also acceptable times to prune. Some trees will bleed when you prune them in early spring. Examples include maples and birch. This heavy sap flow does not hurt the tree, but you can prevent it by pruning during the growing season. Pruning wounds are best left unainted. Pruning paint does not stop bleeding or prevent decay, and in some cases may even increase decay. Tree wound dressings are not recommended for most pruning cuts, including those made on maples, birch and other bleeders, to stop sap flow.

When pruning trees, there are several types of branches to remove. Prune out dead branches whenever you see them. Remove growth that is in or on diseased branches. Remove branches that are rubbing together or growing back toward the tree’s crown. These last branches will eventually rub against other branches. Finally, prune out water sprouts and suckers.

You will see water sprouts and suckers on flowering crab apples, maples and certain other trees. Suckers are long straight shoots that grow out of the ground from the tree’s roots, and water sprouts are leafy shoots that grow off of the trunk and main branches.

Certain trees can have multiple leaders, including maples, ash and lindens. Trees grow best, and develop a better branch structure, when you train them to a single leader. It’s important to remove all but the strongest leader early in the life of the trees that are prone to developing multiple leaders.

Occasionally, you may need to remove branches that are pruning cuts, including those made on maples, birch and other bleeders, to stop sap flow.

A good garden just does not happen by itself. To be planned. The following suggestions should help you establish an attractive and productive garden. Good understanding of crop needs and cultural practices will also help assure greater success this coming season.

1. Garden site. Choose a sunny location with good air and water drainage. At least eight hours of sunlight will produce the best vegetables. Leaf and cole crops grow better with slightly less sun in partial shaded areas. Good air circulation will keep the foliage dry and help reduce chances of disease. Water drainage is essential for strong root growth. Avoid windy locations that can damage and dry plants. Never plant a garden near a black walnut tree, it produces natural occurring chemicals to inhibit growth of nearby plants.

2. Crop rotation. Try to rotate crops around the garden plot. Some soil-borne diseases and insects are transmitted to other crops when the same or related crops are grown in the same area or row each year. Use crop rotation to increase fertility and pH. Fertilize the soil according to soil test results. A soil pH between 6.2 and 6.8 will support most vegetable crops. Over fertilization can be as harmful as under treatment. Too much nitrogen will produce leaf and stem growth at the expense of flowers and fruit production. Weak or stressed plants are more susceptible to insect and disease attack.

4. Resistant varieties. Use resistant varieties, when available. The best way to control disease and pests is to avoid them in the first place. Choose varieties that are resistant to the problems in your area. Read seed package labels for disease and insect resistance.

5. Good quality seed and transplants. Buy seed from a reputable seed company. When transplanting, make certain they are in good health and grown from disease-free seed. Also check transplants for evidence of insects or disease.

6. Water. Drip or trickle irrigation is highly recom-

9. Control weeds. Perennial weeds near gardens often harbor insects, viruses, and disease in the spring. Dense weeds in the garden also rob crops of moisture, light, and nutrients. Elimi-

10. Control disease and insects. There are many fungis-

Ten Steps To Good Gardening

1. Soil test. A soil test is essential as it tells you what the soil needs. Follow the directions on the test kit. 

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7. Mulch. Consider using black plastic to control moisture loss and weeds for warm season crops like lettuce, tomatoes, and zucchini. All perennials like straw, leaves, sawdust, or compost will give the best results. Choose materials resistant to black plastic, except they will lower the soil temperature, or at least prevent it from increasing, as the days warm up in the spring. Such materials are best applied to warm season crops later in the season. They present no problem to the cool season crops after the seedlings emerge. 

8. Compost. Work compost into the soil as soon as possible after the fall harvest. Avoid using herbicides for weed control in the next seasons crop, especially with soil-borne diseases. 

9. Control weeds. Perennial weeds near gardens often harbor insects, viruses, and disease in the spring. Dense weeds in the garden also rob crops of moisture, light, and nutrients. Eliminate young weeds with shallow cultivation. Never allow weeds to flower or set seed, because this will only keep the cycle going from generation to generation. 

10. Control disease and insects. There are many fungicides and insecticides available to control pests in the garden. The majority of these chemicals are purchased separately or combined as a general purpose mixture. It is important to first accurately identify the problem and then select the correct pesticide to control the problem. Most materials are specific for what you will control and timing of the application is very important. Problems can be specific. (MMI)
How do Animals Survive our Cold Nebraska Temperatures?

Barb Ogg
Extension Educator

There are two problems animals have trying to survive wintertime in Nebraska and other northern states. The first is cold temperatures which may freeze or stress animals and kill them. The other problem with winter is food resources for many animals become scarce or nonexistent. Animals that overwinter in northern states have evolved adaptations to help them survive cold temperatures and insufficient food. Mammals and birds are warm-blooded and are equipped with hair/fur that helps insulate them from freezing conditions allowing many to overwinter successfully. To maintain a constant body temperature means warm-blooded animals must eat more or use fat reserves they have built up.

Because food resources are scarce, herbivores like rabbits and deer, can do serious damage to trees and shrubs during the wintertime. Some animals seem to be smarter and plan ahead better. For example, squirrels have developed the behavior to gather nuts over and above their dietary needs in the fall, bury them and then dig them up as needed. But in the late winter when their cache of nuts is gone, locations are why mice move out of their variety and house the fall of the year. Squirrels look for shelter in hollow trees, build a nest (a nest made from leaves), or chew their way into attics. Many cold-blooded animals also seek sheltered places to prevent severe freezing. In the fall of the year, boxelder bugs crawl into cracks and crevices around window and door frames and under bark. These locations provide just enough shelter to help them survive through the winter. Face flies and cluster flies also overwinter in cracks and crevices and “come alive” during periods of warm winter temperatures. These are just a few of the nuisance insect pests that are all trying to survive our winter temperatures. Hibernation is another survival adaptation some animals use. Hibernating animals develop fat reserves during warmer months when food is plenty and seek a sheltered, safe location when temperatures cool. They lower their body temperatures to reduce the metabolic demand and live off their fat stores. Studies have shown, in addition to living off fat reserves, hibernating bears maintain muscle mass and healthy body condition by recycling waste products that normally would be excreted.

Insects have also evolved some mechanisms to cope with our cold temperatures and seem to survive freezing temperatures quite well. How do they do this? As temperatures get colder, insects produce glycerol, which prevents ice crystals from forming in their cells. Glycerol serves several purposes. Bees survive cold temperatures differently than other insect species. They remain active in their hive, keeping it a constant temperature—a behavior essential for their survival. How do they do this? As temperatures get colder, colonies of honeybees form a dense cluster and generate heat. As the bees on the outside of the cluster become too cold to move, the warmer bees on the inside of the cluster move to the outside and push the cold bees into the cluster where they will warm up.

Squirrels damage trees, twigs, and can mutate trees and shrubs. Many animals try to find or construct a sheltered place to spend the cold winter months. This movement into sheltered places allows us to find and control them more easily. Squirrels chew buds of trees, twigs, and can mutate trees and shrubs. Many animals try to find or construct a sheltered place to spend the cold winter months. This movement into sheltered places allows us to find and control them more easily.

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I contend that anyone who automatically thinks an insecticide bomb will work in this situation. However, an insecticide bomb is a release aerosol that will control exposed insects, but does not penetrate the insulation where the firebrats are living. Bombs just don’t work in this situation and are a waste of time and money. These types of over-the-counter bombs are not the same as a gas fumigation treatment which is quite dangerous and must be done by a pest control professional certified to apply fumigants. Liquid insecticides also don’t work well because the liquid soaks into the insulation and will not reach the firebrats. Dust formulations are the best option, but the dust must be put underneath the insulation for best success. This often means removing the insulation, dusting the area, and replacing it. This is likely to be a difficult, dirty, and time-consuming job. Even pest control professionals may have difficulty completely eradicating an attic firebrat infestation. So, we recommend folks who have this problem might try to tolerate an occasional firebrat in their living space. A vacuum cleaner is very effective in controlling individual firebrats. Dust formulations, labeled for silverfish and firebrat control, can be purchased from a pest control supply business, but are not commonly found in hardware stores and other places most people shop for these products. However, these products are best controlled by professionals who have the skill and equipment to apply them. If a complete attic treatment cannot be done, efforts should focus on the areas around electrical fixtures and vents between the attic and the living quarters. When using any pesticidal product, including insecticides, it is important to always read and follow the label directions. Not sure if you have silverfish or firebrats? Bring specimens to the Lancaster County Extension Office, and we will identify them for you. Or, call 402-441-7180 weekday mornings.


treatments, the insulation will prevent insecticide from reaching the firebrats that are living underneath it. The key is to apply the insecticide into the insulation. Over the next few years, during which time the firebrats are living. Bombs just don’t work in this situation and are a waste of time and money. These types of over-the-counter bombs are not the same as a gas fumigation treatment which is quite dangerous and must be done by a pest control professional certified to apply fumigants. Liquid insecticides also don’t work well because the liquid soaks into the insulation and will not reach the firebrats. Dust formulations are the best option, but the dust must be put underneath the insulation for best success. This often means removing the insulation, dusting the area, and replacing it. This is likely to be a difficult, dirty, and time-consuming job. Even pest control professionals may have difficulty completely eradicating an attic firebrat infestation. So, we recommend folks who have this problem might try to tolerate an occasional firebrat in their living space. A vacuum cleaner is very effective in controlling individual firebrats. Dust formulations, labeled for silverfish and firebrat control, can be purchased from a pest control supply business, but are not commonly found in hardware stores and other places most people shop for these products. However, these products are best controlled by professionals who have the skill and equipment to apply them. If a complete attic treatment cannot be done, efforts should focus on the areas around electrical fixtures and vents between the attic and the living quarters. When using any pesticidal product, including insecticides, it is important to always read and follow the label directions. Not sure if you have silverfish or firebrats? Bring specimens to the Lancaster County Extension Office, and we will identify them for you. Or, call 402-441-7180 weekday mornings.


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### SNAP Hires Manager

Regular readers will recall that the Lancaster County Extension office has been assisting the Southeast Nebraska Area Producers SNAP marketing cooperative as it goes through its start-up phase. Periodic progress reports have appeared in the NeBLINE as SNAP has passed certain mileposts. I am pleased to report that we have hired Roger Hammonds as General Manager beginning December 1, 2000.

Many Nebraska producers and seed company representatives will recognize Hammonds’ name from his 25 year tenure with the Nebraska Crop Improvement Association. Precautions and procedures necessary for the production and handling of foundation and certified seed are very similar to those necessary for the production and handling of Identity Preserved (IP) grains. Roger’s experience gives the SNAP cooperative a huge boost in terms of the expertise needed in this critical area. In addition to Roger, we will be working with SNAP members as they go through orientation and training on the production of IP grains and will be making site visits to evaluate members fields, equipment, and procedures for the 2001 crop year.

For more information about SNAP, please contact Tom Dorn, Extension Educator, 444 Cherry creek Road, Lincoln, NE 68528, phone: 402-441-7180, or e-mail: tdorn1@unl.edu. (TD)

### Private Pesticide Applicator Training

Persons who apply pesticides to fields, pastures, or other agricultural land, please read on.

Applicants who use, or supervise the use, of pesticides that are registered with the EPA as restricted use to produce an agricultural commodity on property he or she owns or rents, or on an employer’s property, or on the property of another person IF there is no compensation other than trading personal services, need to receive certification as a private pesticide applicator. (If you will be compensated for applying restricted use agricultural chemicals to another person’s property. Or any pesticide, whether restricted use or general use, to flowers and landscaping or for structural pest control, you will need to be certified as a commercial pesticide applicator.) Certification can be obtained by participating in an approved training conducted through UNL Extension or by passing a written test administered by the Nebraska Department of Agriculture. Nearly all people elect the training option for private pesticide certification. There are two ways to receive certification training from UNL Extension, attending a training session or completing a home study course.

**2001 Dates and Times for Private Pesticide Applicator Training in Lancaster County**

- Wednesday, January 17
  - 9 a.m. - noon repeated 1 - 4 p.m.
- Friday, January 19
  - 1 - 4 p.m.
- Saturday, January 20
  - 9 a.m. - noon
- Thursday, March 15
  - 1 p.m. - 4 p.m. repeated 7 - 10 p.m.

There is a $10 fee for Private Pesticide Applicator Training. Participants attending in Lancaster County will also receive one complimentary copy of the 2001 Guide for Weed Management in Nebraska. Make checks payable to Lancaster County Extension.

Participants do not need to pre-register, just come to the training session of your choice. Be on time. The training will likely take the full three hours allotted, so schedule accordingly. All training sessions will be conducted at the Lancaster Extension Education Center, 444 Cherry creek Road, Lincoln.

### Home Study Option

Persons desiring to become certified via the home study option need to follow these directions in order to receive the test questions, and return it to the extension office where the tests will be graded. The applicant will then be allowed to fill out and sign the home study application form. There is a $20 fee, payable when the book is picked up. The home study method of receiving certification can be done at any time throughout the year and there is no time limit for when the book must be returned. Most people can complete the home study course in three to four hours. Regardless of the training method chosen, allow approximately four weeks for the application to be processed and the certification to be mailed to the applicant.

### Testing Feed and Balancing Rations Saves Money

**Feed** is the largest expense of the beef cow/calf enterprise. Operations resulting in 55 to 65 percent of total operation cost. Overfeeding increases costs. Inadequate feeding decreases animal performance and reduces profit potential. A thorough testing and rating balancing allows producers to develop a practical method to feed cows and calves a balanced, low-cost diet. The goal is to get the best performance possible with the feed resources available at the lowest cost.

The main advantage of testing and sorting feed for beef cow/calf operations and then balancing allows for a test of the potential to use feed of very high performance. In comparison average quality alfalfa to higher level of quality hay can sell for $55 per ton more in quality, dairy quality, or alfalfa with a relative food value of 150 or higher at $95/ton, then determine what is needed and how well it will do in the test. Producers could sell some higher quality forage and buy back cheaper feed if the test was negative.

When buying hay, producers need to be aware of quality factors and base the price on the nutrient demand is lower. The quality roughage will generally increase more heat in the digestion process, and this will come in handy when a time when extra heat can be used.

Top quality feeds should be used near calving time for the newborn animal from calving to produce milk for the calf, and so the cow is ready to be bred using.

Depending on location and needs, money also can be saved to determine feeding of higher value. In comparison average quality alfalfa to higher level of quality hay can sell for $55 per ton more in quality, dairy quality, or alfalfa with a relative food value of 150 or higher at $95/ton, then determine what is needed and how well it will do in the test. Producers could sell some higher quality forage and buy back cheaper feed if the test was negative.

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### Computerized Financial Record Keeping

Lancaster County will present the very popular Computerized Financial Record Keeping workshop series this spring. This series of extension workshops has been held in various places in Nebraska for several years and in the Metro area since 1998.

The workshop series is divided into two parts: A beginning-level workshop which assumes no prior experience with computerized record keeping and an advanced-level workshop to build on the topics presented in the first workshop. The beginning-level workshop will be held on March 13; the advanced-level workshop on March 20. Both workshops will be held at the UNL Animal Science Building at East Campus in Lincoln.

The workshops will be presented in a hands-on teaching style with participants actually performing the tasks being demonstrated throughout the day. The concepts covered in the beginning level workshop include: Setting up and Starting Your Records; Developing a Chart of Accounts (categories) to Key Income and Expense Transactions to, Entering Single and Split Transactions, Generating Various Types of Reports, Organizing Transactions by Enterprise and Retrievable Profit/ Loss Enterprise Reports, Handling Term Loans, and Reconciling Your Records with the Bank Statement.

The concepts covered in the advanced-level workshop include: Saving Time by Printing Checks on the Computer (which automatically makes the ledger entries and printing Non-Cash Transactions (inventory shifted between enterprises), Handling Pre-Paid Expenses in a Cash Accounting System, Typing Transactions to Tax Schedules to Save Time on Tax Preparation, How to Handle Depreciation Schedules, Generating a Balance Sheet, Handling Lines of Credit, and Tracking Expenses That Cross Enterprise and Category Groups (such as expenses associated with a particular piece of equipment that may be used in multiple enterprises).

The concepts taught are applicable to any of several inexpensive computerized record keeping programs, with slight modifications in procedure.

These workshops will be taught hands-on using Quicken 2001 Basic, in the classroom. Step-by-step hand out materials covering each topic have been developed and are included in the registration fee for use at home. A follow-up survey has been conducted following each workshop and the comments are representative of those received: "I thought the entire class was very informative. I’ve been using Quicken for about three years and I learned a few things that I didn’t know about before attending the class.” “It has been very helpful to have written materials to use as guidelines when setting up the program at home.”

A summary of evaluation surveys conducted over the past three years show the following results when participants were queried on specific topics:

- 83 percent said they had learned to keep a better (more complete) set of financial records.
- 94 percent said they expected to keep a more accurate set of financial records as a result of attending the workshop.
- 56 percent said they expect to save money on tax preparation.
- 39 percent indicated that they plan to use reports generated by the computer when applying for a loan in the future.
- 66 percent indicated they expect to be able to analyze which enterprises are most profitable (do enterprise analysis).
- 89 percent said they would recommend these workshops to others who are at the same level of experience as they were before attending.

Registration will be limited due to space and computer availability on a first-come, first-served basis. After the class is filled a wait list will be developed in case of a cancellation. If you are interested, please contact the extension office and ask to have a brochure and registration form sent to you. Each workshop will begin promptly at 9 a.m. and end at

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**See FINANCIAL on page 11**
For many acreage gardeners, it’s fun to get a head start on the upcoming garden season by starting seedlings indoors. Growing your own seedlings indoors requires high quality seeds, a well-drained, disease-free medium, the right containers, proper temperature and moisture conditions, and adequate light.

The growing medium should be porous and free of disease pathogens. Home gardeners can purchase cut commercially prepared soilless media, such as Jiffy Mix, or prepare their own mix using equal parts garden soil, peat, and perlite. Homemade soil mixes should be prepared in the fall before the ground freezes and then stored in a plastic bag for use in winter. Homemade soil mixes should be disinfected before use. Pasteurization destroys weed seeds, insects, and disease pathogens in soil mix. To pasteurize, lightly moisten the soil mix, place in a shallow pan, and place in the oven at 180 degrees F for 30 minutes. Allow the soil mix to cool before using or storing in a plastic bag.

Various containers can be used to germinate and grow transplants. Gardeners can purchase flats, trays, pots, peat pellets, or three seeds per container (peat pots, pellets, soil blocks, etc.). Cut off milk cartons or plastic jugs, paper cups, and egg cartons can also be used to start seeds. Previously used flats, trays, or pots should be cleaned and disinfected before use. Wash the containers in soapy water, then disinfect them in a solution of one part chlorine bleach and nine parts water. Holes should be punched in the bottom of milk cartons, jugs, paper cups, and similar containers to allow for drainage.

The size of the seeds largely determines the type of container and sowing method. Fine seeds, such as begonias and petunias, are typically sown in flats or trays. After germination, the seedlings are transplanted into individual containers. Large seeds, such as marigolds and tomatoes, can also be germinated in flats. However, they are often sown directly into individual containers, thereby eliminating the need to transplant the seedlings. (As a point of reference, there are approximately 2,000,000 begonia seeds per ounce, while there are 10,000,000 zinnia seeds per ounce.) For ease of handling and planting, some seed compa-

nies offer coated or pelleted seeds. Pelleted seeds may be available for fine-seeded annuals, such as begonias, petunias, and impatiens.

When sowing seeds in flats or trays, fill the container with the growing medium to within 2 to 1 inch of the top. Firm the medium, water thoroughly, then allow it to drain. Fine seeds are usually dusted on the surface of the seedbed, then lightly pressed into the surface of the growing medium. Large seeds should be covered with growing medium to a thickness of one to two times their diameter. After sowing the seeds, water the medium by partially submerging the container in water. When the surface becomes wet, remove the container from the water and allow it to drain. Watering from below prevents the washing of seeds on the surface of the medium.

When sowing seeds into individual containers, plant two or three seeds per container (peat pots, pellets, soil blocks, etc.). Place the containers in a flat and water them. The correct indoor sowing dates for several popular flowers and vegetables in Nebraska are: late January—geranium; late February—impatiens and begonia; early March—cabbage, broccoli, and cauliflower; mid-March—pepper, eggplant, petunia, and salvia; late March—tomato, marigold, and zinnia; and early April—muskmelon, watermelon, squash, and cucumber. If unsure of the sowing date, check the seed packet.

To insure a uniform moisture level during germination, cover the container with clear plastic wrap or place in a clear plastic bag. Poke a few holes in the plastic to allow for some air circulation.

Set the container in bright light, but out of direct sunlight. Extremely high temperatures may develop if the covered container is set in direct sunlight. High temperatures may adversely affect germination. A greenhouse temperature of 70 to 75 degrees F is adequate for the germination of most flowers and vegetables. Remove the plastic covering or bag as soon as germination occurs.

Once the seeds have germinated, move the seedlings to an area with slightly cooler temperatures and direct sun or place under fluorescent lights. Trans- plant the seedlings growing in flats into individual containers when the second pair of “true” leaves appear. Transplanted seedlings that were sown two to three seeds per container should be thinned to one per container before transplanting. Destroy the weak seedlings by cutting them off with a razor blade.

Short, stocky, dark green seedlings are the best quality transplants. For best results, grow seedlings under fluorescent lights. It isn’t necessary to have “grow lights” or a fancy light stand. A standard fluorescent shop fixture with two 40-watt tubes (one cool white and one warm white) works fine. The fluorescent lights should be no more than four to six inches above the plants. They should be lit 12 to 16 hours per day. Plants grown in a window often become tall and spindly because of inadequate light.

Thoroughly water the seedlings when the soil surface becomes dry to the touch. Fertilize weekly with a one-quarter strength houseplant fertilizer. Finally, harden or condition the seedlings outdoors for several days before planting them into the garden. (DJ)

By Shirley Niemeyer, Ph.D. specialist of the home/housing. NU/NIAR

Flick a switch and we expect to see light. Most of us don’t think about energy except when it’s not there. The World Wide Web is an excellent place for information to raise consciousness about energy use and savings.

A range of consumer information is available on energy conservation at www.energystar.gov and www.consumerinfo.org. The U.S. Department of Energy, www.eren.doc.gov, lists topics such as buildings, design, materials, and codes; heating and cooling; electricity sources; energy audits; financing energy options; humidity, indoor air quality, and ventilation; vapor barriers; insulation and weatherization; landscaping; lighting; water heating; windows, doors, and more. A question section provides consumers an opportunity to ask specific questions. A special section is available for children, www.eren.gov/kids/menus/search.html. Other information and the sites where they can be found are:

• Foundation and roofing: www.epa.gov/appstdar/roofing
• Vapor barriers: www.eren.doc.gov/buildings/wdr_sealing.html
• Energy Star Windows, Windows Collaboration Web: www.efficientwindows.org
• Geothermal Heat Pumps: www.eren.doc.gov/RE/geo_heat_pumps.html
• Home Energy Saver Website: www.homeenergysaver.lbl.gov
• Save Money and Energy–Consumer Federation of America: www.buycleanenergy.org

Check Before Flushing

Before buying a low flow toilet, consult with a professional plumber about existing water flow, venting, or plumbing. Most manufacturers have corrected earlier problems with the flushing action of water-saving toilets, and many new models have been designed to flush even better than traditional models. A recent study of householders satisfaction with water-saving toilets indicated that stoppages or clogs were about the same as the traditional toilet models. One design even proposed to convert the toilet tank with a sink basin drain. The waste water from washing hands is used to flush the toilet. (DJ)

Energy Star Products Offer Energy, Environmental Savings

by Shirley Niemeyer, Ph.D., specialist of the home/housing. NU/NIAR

The average American household energy bill is $1,300 per year, or 60 percent that will change as more and more households purchase Energy Star products. Using the new federally-labeled products, home energy costs could go down by 30 percent. In addition, energy efficiencies increase by 20 to 25 percent, thus contributing to a cleaner environment. The average American also uses appliances, home office equipment, lamps, and heating and cooling equip-
Corn Chowder

This makes a comforting first course, or, with the addition of chicken or salmon, the centerpiece of dinner.

3 cups canned low-fat or fat-free chicken broth 2 3/4 cups (16 ounces) lightly packed frozen hash brown potatoes, thawed 1 (10 ounce) package frozen whole kernel corn 1 cup chopped onion 1 cup chopped green pepper 1/2 cup finely chopped celery 1/2 teaspoon dried thyme 1 1/2 cups low-fat (1 percent) milk 2 tablespoons all-purpose flour 1/2 teaspoon turmeric 1/4 teaspoon ground red pepper

Combine the first seven ingredients in a large saucepan, and bring to a boil over medium-high heat. Cover, reduce heat, and simmer for 20 minutes. Using a slotted spoon, transfer 2 1/2 cups of the vegetable mixture to a food processor or blender. Process until smooth. Add the milk, flour, salt, and red pepper; process until blended. Add to the remaining vegetables in saucepan. Cook over medium heat until the soup is thick and bubbly, stirring frequently. Serve immediately, or store in covered containers in refrigerator for up to 3 days, or in the freezer for up to 1 month.

YIELD: 8 servings of 1 cup each.

NUTRITIONAL INFORMATION PER SERVING. Calories: 140. Energy Density: 0.6. Carbohydrate: 27 g. Fat: 1 g. Protein: 6 g. Fiber: 3 g. Sodium: 416 mg. Good Source: Vitamin C.

To serve with the soup:

Cornmeal Biscuits

2 cups all-purpose flour 1 tablespoon cornmeal 1 teaspoon baking powder 1/2 teaspoon salt 5 tablespoons margarine 3/4 cup buttermilk

Mix the flour, cornmeal, baking powder, and salt in a bowl. Cut in the margarine with a pastry blender. Add the buttermilk and mix until the dough comes together. Turn out onto a lightly floured surface and pat to 1/2-inch thickness. Cut into rounds with a cookie cutter and place 1 inch apart on an ungreased baking sheet. Bake in a 425°F oven for 15 minutes or until golden brown.

YIELD: 12 biscuits.
The challenges facing families can sometimes appear overwhelming. Society, as a whole, is faced with situations that support and care about families, build on family strengths, and support economically. Increasingly, elected and appointed officials seek research results which will help them make more informed decisions concerning policies designed to empower individuals, strengthen families, and improve community vitality. The Healthy Families, Healthy Communities video-conference (see details elsewhere on this page) is designed to:

- Highlight current research and outreach efforts, build supportive policies, and engage families related to the well-being of children, youth, and families.
- SHARE success stories that put research into practice and build community, state, or national policy.
- Featured speakers include: John DeFrain, Professor of Family and Consumer Sciences, University of Nebraska, Esther Devall, Associate Professor of Family and Consumer Sciences, New Mexico State University, William Doherty, Professor of Family Social Science, University of Minnesota, James Garbarino, Co-Director, Family Life Development Center, Cornell University.

No prior registration is required, just plan to come. For more information, call LaDeane at 441-7180. (LJ)

FCE Leader Training Lessons

The February FCE leader training lesson will be given Tuesday, January 23, 1 p.m. Lorene Bartos, extension educator, will present the lesson, Safe Surfing.Com. This lesson will help make your internet connections a positive experience. You will learn how to take steps towards safety and security while finding good resources for your family.

The March FCE leader training lesson will be given Tuesday, February 27, 1 p.m. Lori Warner, marketing manager with the Popcorn Board, and Lorene Bartos, extension educator, will present the lesson on Popcorn. This lesson will cover the nutrition, history, family fun activities, and other uses of popcorn. Quick and easy popcorn recipes will be shared.

Non-FCE members interested in attending should pre-register by calling Pam at 441-7180 a week before the lesson so materials can be prepared. (LB)

FCE Council Meeting

The January FCE Council meeting will be Monday, January 22 at noon. The council officers will host lunch and a craft project in addition to our regular meeting. The cost is $7.50 for lunch and the craft supplies. Be sure to call Pam at the extension office to make your reservation. You can mark your calendars in advance, this will be the schedule for the remainder of the year.

March 26—Council Meeting
June 25—Council Meeting
July 10—Sizzlin’ Summer Sampler
September 24—Council Meeting
October 23—Achievement Night

Don’t forget everyone is welcome at these meetings. Once again, our concern for FCE is matters around issues. Many of the NEBLINE readers are ex-FCE members. How about a New Year’s goal of becoming a member by reorganizing your club or starting a new club and be a part of FCE. We really don’t use much of your time and although dues are more than they once were, they are still less than what it would cost for two people to eat out just once in 2001!

It’s not too early to be thinking about an entry in the Heritage Skills Contest. This year the categories are sculpture, fiber arts, ceramics, pottery, and porcelain. Entries will be due on the county end in March.

And while you are thinking about making plans, the state convention will be in Kearney on September 16 and 17. The convention will have a new look for 2001. Activities will begin Thursday at 5 p.m. at the Archway Monument and continue with activities all day on the 17. More information will be made available later.

May 2001 be a year of peace and joy for each of you!

January 2001! It seems like only yesterday when we were hearing all the terrible things that could happen as the year 2000 rolled around. Fortunately, the coming of the New Year was quite uneventful and the remaining months passed quickly. Many of you have come to Novato for the council elections. By the time you read this, I hope we will know who our President is!

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May 2001 be a year of peace and joy for each of you!
January 2001
Page 8

The NEBRASKA NEBLINE

4-H & Youth

4-H Bulletin Board

• Sunday, February 11, 4-H Teen Council Meeting, 3-5 p.m. (DK)
• Sunday, February 11, 4-H Ambassadors, 2 p.m. (LB)

4-H Speech Workshop
Come one...Come all...to the 4-H 4-H Speech Workshop, Sunday, February 11, 6-7:30 p.m. This workshop will help all ages of 4-H members to write and deliver speeches and public service announcements. Parents and leaders are encouraged to attend, to find out more about the contest, and to become prepared to assist the youth in their development. We hope to see you there! (DK/TK)

Free Chicks!
We will be hatching baby chickens in Lancaster County third-grade classrooms the weeks of February 13, March 20 and May 22. If you would like to receive some of these free chicks please call our office at 441-7180 and ask for Ellen. (EK)

4-H Club Officer Training
All 4-H members are encouraged to attend officer training. Everyone will discover how to conduct a meeting and use parliamentary procedure. 4-H members will have an opportunity to participate in a mock meeting. (TK/DK)

February 11 Cat Club Meeting .............................................................................................................. ..  7 p.m.
9 4-H Horse VIPS Meeting .............................................................................................................. 7 p.m.
8 4-H Rabbit VIPS Meeting .............................................................................................................. 7 p.m.
9 4-H Extension Board Meeting ........................................................................................................ 8 a.m.
10-11 4-H Horin’s Around Clinic—Animal Science Complex, East Campus
  1 Ambassador Meeting .................................................................................................................... 2 p.m.
  11 Teen Council Meeting ............................................................................................................... 3-5 p.m.
  11 Speech Workshop ................................................................................................................... 6-7:30 p.m.
  12 Shooting Sports Meeting ........................................................................................................ 7 p.m.
13 4-H New Leader Training ........................................................................................................... 9:30 a.m. or 7 p.m.
14 4-H Fair Board Meeting ............................................................................................................. 7:30 p.m.
20 4-H Officer Training Workshop ................................................................................................ 9-11 a.m.
27 4-H Pet Pals Meeting .................................................................................................................. 7 p.m.

March
2-4 Nebraska Horse Expo ............................................................................................................... Event Center
6 Council Meeting ............................................................................................................................ 7 p.m.
6 Small Animal VIPS Meeting ...................................................................................................... 7 p.m.
8 4-H Club Meeting ........................................................................................................................ 7 p.m.
8 4-H Rabbit VIPS Meeting ........................................................................................................... 7 p.m.
8 4-H Extension Board Meeting ..................................................................................................... 10 a.m.
9 Speech Contest Entries Due
11 Ambassador Meeting .................................................................................................................. 2 p.m.
11 Teen Council Meeting ............................................................................................................... 3-5 p.m.
12 4-H Shooting Sports Meeting .................................................................................................. 7 p.m.
13 4-H New Leader Training ........................................................................................................... 9:30 a.m. or 7 p.m.
14 4-H Horse VIPS Meeting ........................................................................................................... 7 p.m.
15 4-H Fair Board Meeting ............................................................................................................. 7:30 p.m.
18 Kansas City Conference—Kansas City, MO
  18 Speech Contest—State Capitol .................................................................................................... 1:30 p.m.
22 earth wellness festival—Southeast Community College, Lincoln, NE, ........................................... 9 a.m-4 p.m.
22 4-H Pet Pals Club Meeting ........................................................................................................ 7 p.m.
23 4-H Rabbit Club .......................................................................................................................... 7 p.m.
30 4-H Teen Council Meeting ....................................................................................................... 3-5 p.m.
31 4-H Spring Rabbit Show, Lancaster Building

April
1 Market Beef LD’s for State Fair, Ak-Sar-Ben & American Royal Due
  1 Ambassador Meeting .................................................................................................................. 2 p.m.
  1 Teen Council Meeting ............................................................................................................... 3-5 p.m.
  3 Council Meeting ......................................................................................................................... 7:30 p.m.
  9 Shooting Sports Club Meeting ................................................................................................... 7-9 p.m.
  9 4-H CWF Meeting ..................................................................................................................... 7 p.m.
11 4-H Horse VIPS Meeting .......................................................................................................... 7 p.m.
12 4-H Rabbit VIPS Meeting ........................................................................................................... 7 p.m.
12 4-H Cat Club .............................................................................................................................. 7 p.m.
12 4-H Extension Board Meeting .................................................................................................... 8 a.m.
18 Invitational Cat Workshop ........................................................................................................... 9 a.m.-4 p.m.
19 Fair Board Meeting ..................................................................................................................... 7:30 p.m.
21 Kewanee Karnival—State Fair Park .......................................................................................... 7 p.m.
21 PAVE Livingston Judging/POA -Animal Science Building
28 Record/Awards Books Workshop ................................................................................................. 9:30-11 a.m.
29 Music Contest—Dawes School ................................................................................................ 2 p.m.
30 Leader Workshop ....................................................................................................................... 9:30 a.m. or 7 p.m.

May
1 Council Meeting ............................................................................................................................. 7 p.m.
7 4-H Horse VIPS Meeting ............................................................................................................ 7 p.m.
10 4-H Cat Club Meeting ............................................................................................................... 7 p.m.
10 4-H Rabbit VIPS Meeting ........................................................................................................... 7 p.m.
11 4-H Extension Board Meeting .................................................................................................... 10 a.m.
15 POA Certification, ....................................................................................................................... 7 p.m.
17 Fair Board Meeting ..................................................................................................................... 7:30 p.m.
17 District & State Horse ID’s, Level Tests & Entries Due
19 Lamb Tagging & Weigh In Day—State Fair Park .................................................................... 9-11:30 a.m.
22 4-H Pet Pals ................................................................................................................................ 7 p.m.
24 How to Exhibit Leader Training ................................................................................................ 9:30 a.m. or 7 p.m.

June
1 Project Enrollment Deadline
1 4-H Horse I.D. Deadline
8 Extension Board Meeting ........................................................................................................... 8 a.m.
12 Council Meeting ........................................................................................................................ 7 p.m.
12 Practice Family & Consumer Science Judging ......................................................................... 1 p.m.
July
3 Council Meeting—Event Center ............................................................................................................ 7 p.m.
4 All Animal Entries for Lancaster County Fair Due ............................................................................. 7 p.m.
7 Pet Pals Club Meeting ....................................................................................................................... 7 p.m.
10 Extension Board Meeting ............................................................................................................... 7 p.m.
13 Horse VIPS Meeting ...................................................................................................................... 7 p.m.
14 Superintendents’ Dinner ................................................................................................................... 7 p.m.
15 State Fair Entry Day—Grand Island .................................................................................................. 8 a.m.
17 Fair Board Meeting .......................................................................................................................... 7 p.m.
20 Demonstration Contest
27-29 ExpoVisions
1-5 Lancaster County Fair—Lancaster County Fair Center
31 County Fair Judging Day for Static Exhibits ................................................................................. 6:30 p.m.
31 County Fair Horse Show
August
1-5 Lancaster County Fair Fair Center
1 Beef Weigh-in—Event Center ........................................................................................................... 7 p.m.
3 All Animals Released—Event Center .................................................................................................. 4-6 p.m.
5 Ak-Sar-Ben Entries Due .................................................................................................................... 7 p.m.
7 Ak-Sar-Ben Entries Due .................................................................................................................... 7 p.m.
9 Cat Club Meeting ............................................................................................................................. 7 p.m.
10 Extension Board Meeting ................................................................................................................ 8 a.m.
12 Horse VIPS Meeting ...................................................................................................................... 7 p.m.
13 Rabbit VIPS Meeting ...................................................................................................................... 7 p.m.
14 Cat Club Meeting ............................................................................................................................. 7 p.m.
15 Extension Board Meeting ................................................................................................................ 8 a.m.
21 Fair’s Over—Now What? Leader Training
19-23 Ak-Sar-Ben, Omaha
20 Fair Board Meeting .......................................................................................................................... 7:30 p.m.
25 Pet Pals Club Meeting ....................................................................................................................... 7 p.m.
September
2 Council Meeting .................................................................................................................................. 7 p.m.
4 Ambassador Meeting ........................................................................................................................ 7 p.m.
9 Teen Council Meeting ....................................................................................................................... 7 p.m.
10 Open House ..................................................................................................................................... 6:30-8:30 p.m.
12 Horse VIPS Meeting ...................................................................................................................... 7 p.m.
13 Rabbit VIPS Meeting ...................................................................................................................... 7 p.m.
13 Cat Club Meeting ............................................................................................................................. 7 p.m.
14 Extension Board Meeting ................................................................................................................ 8 a.m.
17 Horsin’ Around Horse Clinic
13-17 Horse VIPS Meeting ................................................................................................................... 7 p.m.
21 Fair Board Meeting .......................................................................................................................... 7:30 p.m.
22 Fair Board Meeting.......................................................................................................................... 7:30 p.m.
22-24 North Central Regional 4-H Forum
23 Pet Pals Club Meeting ....................................................................................................................... 7 p.m.
4-H Chess Club
The 4-H Chess Club organizational meeting will be held Tuesday, January 23, 7 p.m. All interested youth and their parents are invited to attend. Club goals, meeting schedule, officers, and names will be the topics covered at this meeting. For more information, call Lorene at 441-7180.
4-H Volunteer Forum
The Nebraska State 4-H Volunteer Forum will be held February 2 and 3, 2001 in North Platte and March 30 and 31, 2001 in Columbus. This forum is a conference developed by a committee of 4-H volunteers from across the state. Network with other 4-H leaders, exchange successful 4-H programs among 4-H leaders, and be introduced to new areas and projects. There will be numerous workshops, hands-on learning experiences, and new ideas and programs designed to enhance your club. Anyone interested in 4-H is welcome to attend. Scholarships are available through the 4-H Council. For more information, please contact Tracy at 441-7180. (TK)
The Lancaster County Extension office will host The Grantsmanship Center’s re-nowned Grantsmanship Training Program June 25-29, 2001. Plan to incorporate this professional development opportunity into your annual work calendar! This intense, five-day workshop, conducted by The Grantsmanship Center (TGCI), provides both novice and experienced grant seekers with an opportunity to develop and polish the skill they need to compete for limited resources in a changing environment. The training will combine personal-ized instruction with practical exercises and will take the participants step-by-step through all stages of writing a grant proposal. Workshop graduates receive free follow up support including proposal review/critiques and on-line services. The Grantsmanship Center is the world’s oldest and largest training organization for the non-profit sector. It has trained more than 70,000 staff members of public and private agencies since 1972.

Cost for this workshop is $675. To insure personal instruc-tion, registration is limited to 25 participants. For more information contact Extension Educator Gary C. Bergman, or call the Grantsmanship Center at (213) 482-9860, or visit The Grantsmanship Center website at www.tgci.com

It’s a “GRAND” Celebration!
Join in on the “GRAND OPENING” of the Lancaster Event Center 84 & Havelock Lincoln, Nebraska Saturday, January 27, 2001 7 p.m.

Entertainment provided by:
Rascal Flats Clark Family Experience High Caliber Tickets: $10

Purchase your tickets at one of the these locations: Branched Oak Inn (Malcolm), Tractor Supply Store (Beatrice), Jones National Bank (Seward), and Gateway Western Store and The Fort in Lincoln. Tickets are also available at the fair office—call 441-6545. No reserved seating.

Extension Board Members Appointed

The Lancaster County Board recently appointed Alice Doane, Wayne Heyen, Jay H. Wilkinson to the Cooperative Extension Board through January 2004. This represents a second-term ap-pointment for Alice Doane and Wayne Heyen. Deb Arends was appointed to complete the term of Dale Kubes who resigned due to a move to Central City, Nebraska. Arends term will expire in January 2002. Outgoing board member Jessie Doak was recently recognized for her contribution to extension.

The Extension Board provides program direction for UNL Cooperative Extension in Lancaster County. (GB)
All: You mentioned several nutritional factors in your book that affect the energy density of foods and how the foods we eat influence hunger. Fat, fiber and water were cited as having some of the strongest influences. Would you comment briefly on these? Can a person just drink large amounts of water to satisfy hunger?

DR. ROLLS: A number of labs are plotting out the influence of water on the energy density of foods on energy density. Water has the most influence, then fat. But water can also influence fiber as great as that of water. A gram of fiber and a gram of water can have the same influence. There is a limit to how much fiber you can add or you'll get a pretty big gastrointestinal distress. The upper range for fiber is somewhere around 30 grams though some people might be able to go higher. I think there are 50 grams of water easily and that's going to have a much bigger impact. When you drink a lot of fiber, it's best to get it from food.

I've heard anecdotal stories about people who drink a lot of water and lose hunger. I haven't found any systematic data that support that information. What I do know is that drinking lots of water controls hunger or has any impact on weight loss. In our studies, those who drink water before a meal will have an impact, but incorporating the water into the food (i.e. cutting the volume but retaining the flavor, like soup, pasta with vegetables, etc.) did have an impact on satiety and fullness.

One challenge when talking about liquids is: When is a liquid considered a food and when is it considered a drink? I have found that many liquids are processed by different mechanisms in the body. The hunger response to milk is quite separate. A soft drink will trigger thirst mechanisms, not hunger mechanisms, and add calories without satisfying hunger. You may end up consuming more total calories than you would if you didn't drink the milk.

Milk-based drinks and drinks with some protein will influence hunger mechanisms. In our lab, we found that milk-based drinks help people feel full and eat less at the next meal. I think a lot of people take in too many calories from sugary milk beverages. I tell people that if they're trying to lose weight, in some degree they're lucky if they're getting a lot of calories from soft drinks because it's an easy habit to change. There are a lot of good substitutes for caloric soft drinks. It's a pretty easy way to reduce your calorie intake. The best substitute is to replace some of the sweeteners to eat whole fruit, which has more fiber and offers more satiety than mixing them into a fruit juice. There have been studies that show you will feel more satiated with whole fruit, particularly if you're thirsty.

If you're thirsty, water is the best choice for quenching thirst followed by water or light caloric smoothies or less-calorie beverages.

Ah! In your book, you state that the Volumetrics approach is consistent with theFood Guide Pyramid. What are some food choices from each Pyramid food group that would make meals more volumetric and protein-rich while still being concerned with weight management? What about beverages and soups?

DR. ROLLS: Some types of foods that would make meals more volumetric would be:

- Bread, Cereal, Rice and Pasta Group: You would choose foods that have more fiber, such as whole grain bread, whole grain pasta, or brown rice. You would want less of the dry crackers, pretzels and so on; they're very easy to overeat. Go for such foods as high-fiber breakfast cereals, higher fiber content breads. These are the most nutritious choices, anyway. Go for your brown rice rather than white rice. Anytime you can choose a food that has a higher fiber content and a higher water content, that's the better choice.

- Fruits and Vegetables Group: Consider a single banana, one with 100 calories or less. There are a lot of commercially available soups that have 100 calories or less in a portion. It's a pretty easy strategy as a nice component to the weight loss strategy that can help control hunger. I think often for snacks, people only need 100 calories to help control hunger. Only they're reaching for a candy bar or a bag of chips that in a small amount may be giving them more calories than they need. And it's not in a very big portion so it's not very satisfying.

- Condiments, Salad Dressings, Sauces. Find non-fat and low-fat ones you like. For example, when people are trying to decide on a salad dressing, some people will like fat-free dressings. Others will like reduced-fat versions. Others will like olive oil and vinegar and they can make that choice; they just need to pay attention. People have to decide their own pattern but they need to be aware that if they go for the high-fat version, they get much less as a portion. Some fat is necessary in the diet to provide essential nutrients.

- Milk, Yogurt and Cheese Group: You'd look for low fat options as those prepared with 2% milk have less fat.

Do you comment briefly on these?

NOTE: Dr. Rolls gives several tips for including more fruits and vegetables in your meals. Also, you'll learn that all fruits and vegetables are OK to eat – you just need to be careful of overeating some, such as dried fruits, which have less volume than they have hydrated counterparts. Fried vegetables which pack more calories into the same volume than those prepared without fat.

Group. For the lower fat versions. For example, if you choose skim milk over whole milk, you get a portion that's twice as big.

- Grains Group: You'd look for whole grains and whole grain breads. Or, if you had the same portion, you'd take in half the calories. Also, you get less saturated fat so it's a big advantage of going for the lower fat versions as that's not a healthy kind of fat.

- Dairy, poultry, Fish, Legumes, Eggs and Nuts Group. Choose lower fat forms. For example, include leaner meats, poultry without skin and baked fish. Small portions of nuts give good healthy fats.

Soup. We've done a lot of studies with soup. Soup gives a lot of satisfaction. Obviously if you had a really high-fat soup, you could end up taking in too many calories. If you want to go for your broth-based (such as vegetable with beef broth and maybe include a little vegetable and soup) and tomato-based soups. For example, if you wanted a clam chowder, it's better to try the Manhattan rather than the New England because it's going to be less satisfying than cream-based.

If you're going to have soup as a first course, go for a satisfying portion with 100 calories or less. You could end up overeating if you have a whole lot of volume but not an additional first course. Again, if you're going to have soup as a snack, you'd take in only one with 100 calories or less. There are a lot of commercially available soups that have 100 calories or less in a portion. It's a pretty easy strategy as a nice component to the weight loss strategy that can help control hunger. I think often for snacks, people only need 100 calories to help control hunger. Only they're reaching for a candy bar or a bag of chips that in a small amount may be giving them more calories than they need. And it's not in a very big portion so it's not very satisfying.

Do you comment briefly on these?

NOTE: The amount of fat recommended for a Volumetrics meal pattern is consistent with the Dietary Guidelines 2000 recommendation of a total fat intake of no more than 30 percent of calories.

Dr.腭: If you want to have dessert, ones that have some fiber in them to help dilute calories are a good choice. Having a piece of chocolate or having a piece of pie is really not a bad strategy. You're already pretty full and least likely foods you take and eat down and eat the whole box. I find myself that having the most delicious chocolate I can think of is great. If you have a little bit to help the end of the meal really helps me end the meal. It's a satisfying choice. If you've had a meal that I've finished then. You need to keep the sensory pleasure in there, too.

Dr.腭: If you need to remove lower branches on mangoes, it's best to use the three-cut pruning method for removal. To do this, make an undercut half way through the branch, a foot from the fruit. Make a second cut a few inches behind the undercut. You will remove the branch with this second cut. Remove the stub with your third and final cut. The three-cut method prevents the falling branch from tearing a large section.

No matter what kind of branch you're pruning, the cardinal rule of pruning is to never leave a stub. Stubs are unattractive, and result in larger decay columns than flush cuts. Make pruning cuts flush to the branch collar when the collar is evident. Branch collars are the natural swell line; the place where a branch joins a larger branch or the trunk. (SIMM)
January 18
Faulkboard Meeting

January 22
FCE Council .................................................................................................................. 12 p.m.

January 23
Pet Pals 4-H Club Meeting .......................................................................................... 7 p.m.
FCE Leader Training ..................................................................................................... 11 a.m.
F-CHE Chess Club Meeting ......................................................................................... 7 p.m.

February 3
4-H Cattle Weigh-In, State Fair Park ........................................................................... 8-11 a.m.

February 6
4-H Council .................................................................................................................... 6.15 p.m.
4-H Activities/Achievement-What’s It All About, ......................................................... 6 p.m.

February 9
Extension Board Meeting ............................................................................................... 8 a.m.

February 12
4-H Shooting Sports Meeting ....................................................................................... 7 p.m.

AWARD
continued from page 1

“Virginia is always there for us. No matter what problems we have, she smiles, tells us she will see what she can do, but we know she digs, hunts, and finds what we need; then dutifully gets what we need typed, copied, sorted, and in our boxes long before we need them. She is amazing.”

“Virginia’s long time service to NEP has provided her with a level of understanding of the program, that allows her to foresee the needs of the staff.”

“She is pleasant and positive all the time.”

As a recipient of this award, she received a cash award of $250, a framed certificate and a lapel pin. (MB)

TESTING
continued from page 4

Testing for protein content can help determine how the feed can be fed, if it is to be used as a protein source in the ration. For example, protein doesn’t have to be fed every day. If it would fit the herd’s needs at five pounds a day for 100 cows, that would be 500 pounds of needed protein. If a 1,000-pound bale of hay was put out every other day, the protein need would be achieved.

CONFERENCE
continued from page 10

If you are a dual-earner with children, great demands are placed on your resources-time, energy, money, patience, and it may place great demands on your marriage. When this happens, your marriage may take place on your priority list. Disagreements, conflicts, and “fights” may increase. Here are some “truths” to remember about your marriage.

Each relationship contains a hidden reservoir of hope. Even the most destructive fights and conflicts start with good intentions. These good intentions form the basis for the hidden reservoir of hope that a fully satisfying relationship can be achieved.

soybean groups. Guest master of ceremonies will be Emery Kleven of KTIC Radio. Husker Feed Grains and Soybean Conference is a joint effort of the Nebraska Corn Growers, Nebraska Grain Sorghum Producers, and Nebraska Soybean Associations—in cooperation with the grain sorghum, and soybean check-off boards. Those interested in attending this years conference can phone Irene Severin, conference coordinator at 402-787-3885 for more information. Registration for the full two-day conference is $110; for those attending Wednesday or Thursday only, the registration is $45 and $70 respectively. (GB)

Marriage Truths

One “zinger” will erase twenty acts of kindness. It takes only one put down to undo hours of kindness. Intimate partners must learn to manage their anger and control the exchange of negative behavior. It’s not that the differences cause problems, but how the differences are handled when they arise. Partners must learn how to manage differences between themselves and their partners. Rather than focus on areas of agreement or disagreement, couples in happy relationships develop good listening skills.

Men and women fight using different weapons, but suffer similar wounds. The appreciation of how each gender faces conflict is the first step to healing the negative feelings both sexes share. This task is made easier when partners realize their wants and needs are similar, even though prior attempts to meet those needs were met by failure and frustration.

Partners need to practice relationships skills to become good at them. Instead of continually changing partners in the hope for a happy relationship, people should be learning to manage conflicts, anger, and disagreements that are common in all relationships. (LJ)